

Intervention: Non-family social support

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input checked="" type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

These interventions focus on changing physical activity by building, strengthening and maintaining social networks that provide social support. The resulting behavior changes can be made through new social networks or through existing non-family networks, such as work colleagues.

Findings from the systematic reviews:

The Guide to Community Preventive Services reports strong evidence for effectiveness this intervention. The Community Guide is a well respected source of evidence-based practices in public health. With guidance from the Task Force on Community Preventive Services, it summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease for a variety of topics.

References:

[Guide to Community Preventive Services](http://www.thecommunityguide.org/pa/default.htm) - <http://www.thecommunityguide.org/pa/default.htm>